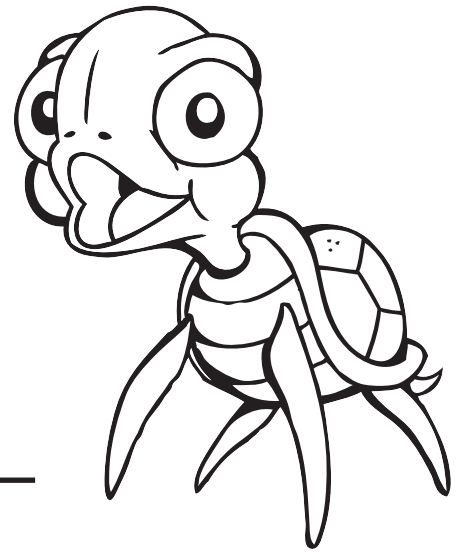


Tiny Tot Aquatics Program

Level 1 • Beginner Swimmer

TOMMY the TURTLE



Course Curriculum

- ☐ Blowing bubbles
- ☐ Putting face in water
- ☐ Holding breath (5-10 seconds)
- ☐ Retrieving object (3 feet to lane 2)
- ☐ Face float
- ☐ Back float comfortably (assisted)
- ☐ Face float with kick (to instructor)
- ☐ Back float with kick (assisted)
- ☐ Paddling with arms
- ☐ Breathing (intro)
- ☐ Standing jump into pool
- ☐ Jump in & swim to instructor
- ☐ Climb out of pool (assisted)
- ☐ Gaining confidence in water
- ☐ Participation in safety demonstration